



November is National Caregiver Month

by Megan **FORBUSH**
DCHD Senior Services

Davis County Senior Services thanks all family caregivers for the support they give to their spouses, parents, friends, and other family members who are in need of assistance. Family caregivers sacrifice their time, energy, and at times even their health and well-being, in order to provide a safe environment for the person they care for. There are many stressors

and joys that caregivers face on a daily basis. If you are a caregiver and are at risk for burnout, give us a call at 801-525-5050, Option 5, to find out what resources and services may be available to you.

As a thank you to caregivers, Davis County Senior Services is hosting three different Caregiver Appreciation Events at the county's three senior activity centers during November. Caregivers are invited to participate in the activities

and lunch offered at the senior centers on the designated days. Complimentary pampering and rejuvenation activities also will be offered at each event from 11 a.m. to 1 p.m. For more information or to make a lunch reservation, call 801-525-5088. Community partners and sponsors for these events include Davis County Caregiver Advisory Council, Community Nursing Services, and South Davis Home Health & Hospice.

Caregiver Appreciation Events:

Wednesday, Nov. 14, at North Davis Senior Activity Center (42 South State Street, Clearfield)

- 10:30-11:30 a.m. Boredom Buster Games
- 11 a.m.-1 p.m. Pampering/Rejuvenation Activities
- 11:30 a.m. Lunch
- 12:30 p.m. Bingo

Thursday, Nov. 15, at Central Davis Senior Activity Center (81 East Center Street, Kaysville)

- 9:30-10:30 a.m. Tai Chi

- 10:30-11:30 a.m. Chair Reiki/Tai Chi
- 11 a.m.-1 p.m. Pampering/Rejuvenation Activities
- 11:30 a.m. Lunch

Tuesday, Nov. 20, at Golden Years Senior Activity Center (726 South 100 East, Bountiful)

- 8:30-9:30 a.m. Sit 'N Fit
- 9:30-10:30 a.m. Zumba
- 11 a.m.-1 p.m. Pampering/Rejuvenation Activities
- 11:30 a.m. Lunch

Explore Medicare options at free class

Davis County Health Department's Senior Services offers a one hour Medicare 101 class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us on Wednesday, Nov. 14, 6:30-7:30 p.m., at the

Centerville Library (45 S. 400 W., Centerville)

For more information about the free Medicare 101 class, contact Jackie Smith at 801-525-5082 or jmsmith@daviscountyutah.gov.

Events in November

Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

- M/W - Medicare open enrollment 10 a.m.-2 p.m. (by appointment)
- T/TH - Reiki and seated Tai Chi 10:30 a.m.
- 2 - Dia de los muertos luncheon and entertainment 11:30 a.m.
- 12 - Closed - Veterans Day (Observed)
- 13, 29 - Food Sense course by Utah State University Extension 10:15 a.m.
- 14 - Trip to Mrs. Cavanaugh's Chocolate Factory 12:30 p.m. (sign-up required)
- 22-23 - Closed - Thanksgiving and Day After Thanksgiving

Golden Years Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

- M - Yoga 10 a.m.
- TH - Medicare open enrollment (by appointment)
- 12 - Closed - Veterans Day (Observed)
- 14 - Legal consultation (by appointment)
- 20 - Caregiver appreciation day
- 22-23 - Closed - Thanksgiving and Day After Thanksgiving
- 27 - Book club 12:30 p.m.
- 30 - Birthday lunch 11:15 a.m.

North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

- 2 - Lunch trip to Chris'
- 5 - Book club 10:15 a.m.
- 7 - Fall Prevention presentation 11:15 a.m.
- 9 - Veteran's Day Program by Utah Military Academy 11:15 a.m.
- 12 - Closed - Veterans Day (Observed)
- 13, 27 - Shopping day to Syracuse Walmart 12:30 p.m.
- 20 - Foot care clinic (by appointment)
- 21 - Birthday party and Thanksgiving meal 11:15 a.m.
- 22-23 - Closed - Thanksgiving and Day After Thanksgiving

See more at daviscountyutah.gov/seniors

Medicare Open Enrollment help runs until Dec. 7

by Jackie **SMITH**
DCHD Senior Services

Help is available from Davis County Senior Services Medicare counselors during the Medicare Open Enrollment period (now through Dec. 7). Clients need to call 801-525-5050 for a free daytime appointment at one of the following locations:

- Mondays-Fridays (except holidays) at Davis County Health Department Senior Services, 22 South State Street, Clearfield.
- Mondays & Wednesdays (except

holidays) at Central Davis Senior Activity Center, 81 E. Center Street, Kaysville.

- Thursdays (except holidays) at Golden Years Senior Activity Center, 726 South 100 East, Bountiful.

Clients need to bring along to their appointment:

- Their Medicare cards.
- All of the information pertaining to their prescription medications including name, dosage, and times per day.
- Any award letter from Medicare, Medicaid, or Social Security if possible.



Senior Homecare by Angels

VisitingAngelsUtah.com

- Joyful Companionship
- Medication Reminders
- Hygiene Assistance
- Light Housekeeping
- Respite Care
- Mobility Assistance
- Errands & Shopping
- Dementia/Memory Care
- End of Life Care

801-820-5874 • Now Hiring Caregivers



Advance Directives: Your medical care – your way

by Debbie **MILLER**
DCHD Senior Services

What would happen if you became sick or were injured in an accident and could not tell doctors what kind of care you wanted? Who would speak and make medical decisions on your behalf?

If those aren't questions that you've given much thought to, you're not alone. However, giving attention to these

matters when you're healthy and your mind is clear can free your loved ones of the stress and burden of having to make those decisions for you, while giving you a better chance of receiving medical care on your terms.

If you're ready to consider these important decisions, the first step is to select a healthcare agent. This is typically a family member or close friend;

someone you trust to carry out your wishes. Also, it is wise to inform others close to you of your selection. You can appoint an alternate agent just in case your first choice is unable to fulfill the role if the time comes.

The next step involves making your healthcare choices. As you determine your wishes, you need to consider such things as: How important is

being independent and self-sufficient to you? Would you want treatment to extend your life in any situation, or would you want treatment only if a cure is possible? If you have a diagnosis, you will want to discuss your prognosis with your doctor as you complete the form.

The Utah Commission on Aging has created the "Tool Kit For Advance Healthcare Planning."

This document is designed to help you think through many of the complexities associated with end-of-life care. You can find this document online at <https://ucoa.utah.edu/directives/>. If you need assistance you can contact your primary care physician or Utah Legal Services at 800-662-1772.

When your form is complete make copies to give to your doctor,

your healthcare agent, family members, and if you enter a hospital, be sure to take a copy for them as well. Review your directives from time to time to be sure they are updated to reflect your current values and wishes. Remember that communication is key. The more people who are aware of your wishes, the more likely those wishes will be honored.

Holiday gift donations sought for senior citizens

Davis County Health Department's Senior Services is holding a gift drive to help make the holidays a little brighter for senior citizens who may be alone this holiday season or not have the financial resources to celebrate this year.

There are many who are in need of gift cards for groceries. Gift cards to local grocers and stores are greatly appreciated. Other items needed may include bath soap, shampoo, laundry soap, dish soap, towels, blankets, socks, and other items that may get day-to-day use. Gift request will not exceed \$50.

Please turn in all gifts unwrapped or

in an open gift bag. The deadline to turn in gifts is Friday, Dec. 14, by 5 p.m., to the Davis County Health Department (22 South State Street, Clearfield) or at one of the county's three senior activity centers:

- Central Davis Senior Activity Center, 81 E. Center Street, Kaysville
- Golden Years Senior Activity Center, 726 S. 100 E., Bountiful
- North Davis Senior Activity Center, 42 South State Street, Clearfield

For more details or to receive a specific gift request, contact Priscilla Angulo at 801-525-5087 or email her at pangulo@daviscountyutah.gov.



Davis

COUNTY

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(801) 525-5050

All issues of Senior Living are available at www.daviscountyutah.gov/senior_living

100% true blue

memory care

When you're seeking help for a loved one challenged with memory loss it can be incredibly emotional. But what if there was someone you could turn to for help? An entire community in fact, who can serve as an extension of your family, and will get to know your loved one's history, culture, and likes and dislikes.

That's our promise. That's what we call 100% True Blue. Please call to schedule your private tour, we'd love to get to know you and your family.



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